

Tested
Tools

The Tribune Institute

HOUSEKEEPING AS A PROFESSION

Tested
Foods

Corn—Canned, Flaked or Popped—From Breakfast to Dessert

Old Friends Like Popcorn, Corn Flakes and Canned Corn Appear Well in Fancy Dress

By Virginia Carter Lee

FROM the days when the Indians parched corn and the housewives ground their own corn meal down to the present time, when we purchase our various forms of corn in packages and cans, it has always been a distinctive American dish, and belongs to our country just as does macaroni to Italy and rice to the Chinese.

Used as it may be in meals, cereals, canned, flaked and popped, it may be prepared in so many tempting and diverse ways that the family will not tire of it, and as it is a hearty and nourishing food it should appear at least once or twice daily on the home table.

Corn Meal Variations

Corn meal lends itself to the making of perhaps the best hot breads for breakfast—at least Southerners think so—and, combined with bits of chopped pork, meat loaves or sausage, it furnishes the delicious scrapple for which Philadelphia is so justly famous.

The Italians also make a delicious dish from this same meal and call it "polenta." This is generally made from corn meal mush, either blended with cheese and then molded or the mush molded plain, and then when firm is cut in slices and baked with layers of cheese in a baking dish. In either method of cooking a savory tomato sauce accompanies it.

Plain corn meal mush needs no recommendation, but have you tried it with the addition of a beaten egg and a little butter stirred in as it comes boiling hot from the double boiler? Cooked in this way and served with shaved maple sugar and cream, it forms a meal in itself, only be sure that there is enough for "second helpings."

Corn Flakes for Dessert

The preparations of flaked corn in addition to being a good cereal furnish a splendid substitute for pastry, especially when there are children to be considered. A good example of this is given in the recipe for mock peach tart. They are again used in the prune whip for Thursday's dinner and in the charlotte for Sunday. For the whip they are dusted in layers between those of the fruit pulp and the whole topped by a mound of sweetened

whipped cream. To make the surprise charlotte dust a glass dish with fresh corn flakes and fill with a mixture of sweetened whipped cream that has been flavored to taste and



to which has been added (for a pint mold) four tablespoonsful of chopped candied fruit. Cover the top with more flakes and serve immediately. Particular attention must be called to the fact that when flakes are used with fruit or whipped cream the dessert must be put together just previous to serving, or otherwise they will not retain their crispness.

Confections and Salads

The popcorn dainty is made by boiling two cupsful of granulated sugar, half a cupful of water and one-quarter of a teaspoonful of cream of tartar to a firm ball (250 degrees). Just before removing from the fire stir into the syrup a pint of popcorn that has been run through the food chopper. Pour over the stiffly whipped whites of two eggs, flavor with a teaspoonful of vanilla extract and beat up until light and foamy. Pour into greased pans and cut in squares.

Modified Corn From the Can

Canned corn, when served as it comes from the can, is improved by draining off the liquid, almost covering with thin cream, adding salt, paprika and as much butter as your conscience and pocketbook will allow, and cooking in the upper part of the double boiler for ten minutes. It will be found creamy, tender and very delicious.

For the corn and sweet potatoes, served for Thursday's dinner, boil uniform sweet potatoes until almost done. Cool, skin, halve them length-

wise, and scoop out the inside from each. Rub inside and cut with softened oleo and dust with salt and paprika. Fill with drained corn pulp, moistened with a highly seasoned cream sauce, dust with buttered crumbs and bake in a moderate oven.

To make the corn salad, blend together one cupful of drained canned corn and add half a cupful of chopped celery, two tablespoonsful of chopped canned pimiento and a tablespoonful and a half of chopped

green tomato pickle. Moisten with boiled dressing and serve in lettuce cups.

The Marketing List

Supplies for the week will include at the butcher's half a pound of chopped beef at 40 cents a pound, two ounces of smoked beef at 4 cents an ounce, one pound of chopped veal for 30 cents, four lamb's kidneys at 7 cents each, one pound of sausage for 40 cents, three pounds of yearling lamb chops at 50 cents a pound, one pound of salt pork for 35 cents and one pound of bacon for 45 cents.

At the fish market, two pounds of flounder at 20 cents a pound, one-third of a pound of salt cod for 10 cents, one pound and a quarter of halibut at 40 cents a pound and one quart of oysters or their equivalent for 60 cents.

Purchase for the dairy supplies two pounds of butter at 62 cents a pound, one pound of oleo for 38 cents, seven quarts of Grade B milk at 16 cents a quart, three half pints

of cream at 25 cents a bottle, twenty cold storage eggs at 70 cents a dozen and eight fresh eggs at 8 cents each.

Marketing prices for four persons should run at the following approximate figures. Milk to be used as a beverage is not included in the estimate:

Butcher's bill.....	\$3.56
Fish bill.....	1.60
Dairy supplies.....	5.30
Fruits.....	3.40
Vegetables.....	3.80
Groceries.....	7.34
Total.....	\$25.00

Pies, Tarts, Omelets, Cakes And Fritters, All Using Corn

MONOTONY in serving staples costs you money in the end, for the family get tired of them. These recipes suggest some of the ways in which an old standby like corn can be "revamped" and gain charm and interest while remaining economical and nourishing.

Corn Meal Griddle Cakes

Mix together three-quarters of a cupful of corn meal, one and a quarter cupful of bread flour, four teaspoonsful of baking powder, half a

teaspoonful of salt and one tablespoonful of sugar. Beat one egg lightly, add one and a half cupful of milk and gradually blend with the dry ingredients. Beat until full of bubbles and stir in one tablespoonful of dark molasses and two tablespoonsful of melted shortening. Cook slowly on a hot greased griddle.

Mock Peach Tart

This furnishes an excellent and economical dessert for the midday dinner and is especially recommended for children. Cut drained canned

Variation, the Soul of Economy as Well as the Spice of Life, in Using Staples

peaches into slices, arrange in a deep tart dish and cook down the syrup, adding a little arrowroot. Cool, pour over the fruit to almost cover and dust thickly with crisp corn flakes. Ornament the top with mound of sweetened whipped cream and serve immediately. The flakes and cream must only be added at the last minute, so that the former will retain their crispness.

Popcorn Macaroons

Run sufficient freshly popped corn through the food chopper to make one cupful and add an equal amount of blanched almonds that have been ground fine and then mashed to a paste with the addition of a little rosewater. Meanwhile whip the whites of three eggs until they will stand alone, fold in half a cupful of sugar, and gradually blend with the corn and almond mixture. Drop from a spoon onto oiled or buttered paper and bake in a moderate oven for about twenty minutes. A small candied cherry may be pressed into the top of each macaroon before baking.

Tamale Pie

This combination of cooked corn meal and meat gives a delicious and nourishing dinner at very small expense. Prepare a mush by stirring

baking dish, put in a layer of the mush, add the meat and tomato and cover with the remainder of the mush. Brush over with melted bacon fat and bake for half an hour. Serve in the baking dish.

Fish and Corn Fritters

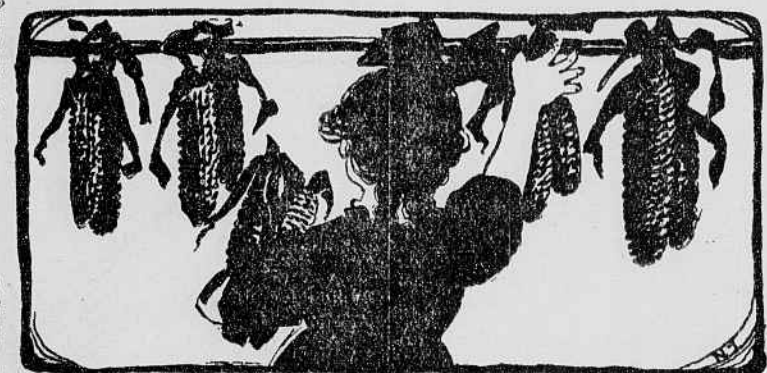
Chop finely enough of the left-over halibut to make three-quarters of a cupful, add a light seasoning of salt and paprika and half a cupful of drained canned corn. Beat one egg lightly, add half a cupful of milk and gradually blend with one cupful and a half of flour, mixed with two teaspoonsful of baking powder, half a teaspoonful of salt and one teaspoonful of melted butter. Beat until light, add the fish and corn and drop by the spoonful into deep, hot fat. Drain on brown paper before serving.

Sour Milk Spider Custard Cake

Mix together one large cupful of corn meal, half a cupful of wheat flour, one tablespoonful of sugar, three teaspoonsful of baking powder and three-quarters of a teaspoonful of salt. Then blend in one and a half cupful of sour milk mixed with half a teaspoonful of baking soda and three-quarters of a cupful of sweet milk. Beat the batter hard, fold in one lightly beaten egg and pour gently into an iron "spider" containing two tablespoonsful of hot pork fat. Then pour in over the top, without stirring, three-quarters of a cupful of sweet milk and bake for thirty minutes in a moderate oven. This cake, when rightly cooked, has a layer of custard in the center and is delicious with tart apple jelly.

Corn Omelet

Beat the yolks of four eggs until lemon colored and add a scant teaspoonful of salt and a quarter of a teaspoonful of paprika. Cook in hot bacon fat until softened and slightly browned a quarter of a minced onion and two slices of chopped green pepper; then add five tablespoonsful of drained canned corn and two tablespoonsful of thick tomato catsup. Add this mixture to the egg yolks and fold in the stiffly whipped egg whites. Turn into a well greased omelet pan and cook as for ordinary omelet. If preferred the omelet may be turned into a greased loaf cake tin, set in a pan of hot water and baked like custard.



Monday BREAKFAST Orange and Grape Juice Broiled Bacon Corn Meal Griddle Cakes Syrup Coffee LUNCHEON Scrambled Eggs Watercress Sandwiches Mock Peach Tart DINNER Boillon in Cups Fried Flounder Potato Balls Farm Custard (canned corn) Tomato Jelly Salad Apple Dampings	Wednesday BREAKFAST Sliced Oranges and Bananas Fricassee Smoked Beef Sour Milk Spider Custard Cake Coffee LUNCHEON Corn and Tomato Chowder Crackers Fruit Salad Popcorn Macaroons DINNER Halved Grapefruit Broiled Halibut Italian Macaroni Corn Salad Chocolate Batter Pudding
Tuesday BREAKFAST Corn Flakes with Apple Whip Thin Bread and Butter Coffee LUNCHEON Vegetable Salad Biscuits Cocoa Apricot Souffle DINNER Celery Canapés Tamale Pie (corn meal) Spinach Potato Chips Fruit Sherbet	Thursday BREAKFAST Loganberry Juice Fried Scrapple Coffee LUNCHEON Fish and Corn Fritters Celery DINNER Tomato Boillon Veal Loaf, Brown Gravy Corn and Sweet Potatoes Chicory Salad Prune Whip with Corn Flakes

Friday BREAKFAST Baked Apples Corn Oysters Broiled Bacon Toast Coffee LUNCHEON Sliced Veal Loaf Fried Polenta with Cheese Sliced Oranges and Coconut DINNER Fruit Cocktails Scalloped Oysters Hashed Brown Potatoes Cold Slaw Indian Pudding with Ice Cream	Saturday BREAKFAST Stewed Peaches Corn Meal Mush Top of the Bottle Cinnamon Toast Coffee LUNCHEON Ragout of Kidneys Buttered Toast Spiced Apple Sauce DINNER Vegetable Soup Corn Omelet Stuffed Potatoes Green Peas and Carrots Celery Salad Mince Pie Cheese
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one cupful of corn meal with three-quarters of a teaspoonful of salt into three cupful of boiling water and cook, stirring frequently, for forty-five minutes. Brown half a minced onion in one tablespoonful of hot bacon fat, add half a pound of Hamburg steak and cook for a couple of minutes. Season with half a teaspoonful of salt and add one tablespoonful of minced canned pimientos and a large cupful of thick seasoned tomato purée. Grease a



How to Make Noodles and How to Serve Them as Side or Main Dishes

By May Belle Brooks

SO MANY young cooks, and older ones too, are hesitant about attempting the good, old-fashioned, homemade noodle; yet it requires less skill than good pastry or cake, which are frequently the first arts learned by the new housekeeper. Perhaps this diffidence may be ascribed to the tradition prevalent in grandmother's day—and still preached by some—that the product should be subjected to a long drying process, which procedure lacks appeal to a generation that "wants what it wants when it wants it."

Modern cooks discount this practice, however, and it is not unusual to drop the noodles into the kettle as soon as cut, although it does no harm to spread them out on a well floured surface and leave for several hours.

"Elbow Grease" the Main Ingredient

The real secret of perfect noodles lies in the elbow. The dough should be rolled to paper thinness, and to do this in the easiest manner the batch should be divided into halves or quarters. If the mixture is too stiff the rolling pin will be difficult

to wield and one might feel the necessity of some such measure as that adopted by the bride who ran her first batch through the new clothes-wringer. The moment one may handle the dough without having it stick to the hands is the time to start the rolling-out process, and then remember to keep plenty of flour on the board during the entire procedure.

For efficiency's sake it may be desirable to make the noodles in quantity, in which case they should be left to thoroughly dry before storing. Cheesecloth sacks that may be hung in a dry place are the best containers for this extra supply, and, of course, the finer they are cut the sooner will they dry. Paper cartons, not too tightly covered, also make good receptacles.

"Pin Money" in Noodles

An old lady who has made her pin money for several years selling homemade noodles uses this method, which I have never known to fail: Break one egg into a bowl, add half the eggshell full of cold water and beat with a fork until foamy. Gradually add flour until the mixture is stiff enough to turn out onto a floured board, then with the hands continue to knead in flour until the dough loses all stickiness. Now break off a piece and roll it, first in one direction, then another, until it is as thin as paper, keeping enough flour under and over it to avoid any sticking. Rub this sheet of dough with flour and lay aside while the remainder is being similarly treated.

Lay the sheets one over the other, then form into a roll. With a heavy, sharp knife proceed to slice it into fine shreds. If the roll is a long one bring the two ends together and cut through both with the same stroke. There is a convenient noodle cutter on the market which saves much labor but does not cut as fine-



ly as may be done by hand. Toss lightly to separate the strips, either throwing them at once into the kettle or allowing to stand until wanted.

Noodles are sometimes cut into fanciful shapes and used for garnishing, and the best way to do this is to lay the sheets of dough together, with a sprinkling of flour between, and stamp with a sharp tin cutter. The liquid should always be boiling before the noodles are dropped into it, the cover put on tightly and left for fifteen or twenty minutes. For soup allow a cupful of noodles to one quart of liquid, and if a clear consommé is to be served cook the noodles first in boiling water to prevent cloudiness.

The Noodle Foundation

A combination as delicious as it is simple is composed of boiled noodles and canned peas creamed together. Or try boiling large turnips until tender, scooping out the centers and replacing them with creamed noodles, flavored with cheese if desired.

A little dish of leftovers may be utilized by forming it into nests in muffin rings. In the center of each drop an egg, sprinkle with grated cheese, add a spoonful of tomato or white sauce or catsup and place in the oven to set.

Leftover meat, chopped, or a small sausage may be substituted for the egg. One housemother uses odds and ends of meat or vegetables to make what she calls "surprise"

noodles. Instead of cutting the sheets of dough into fine strips she slashes them into small squares, puts a spoonful of the minced mixture on each and pinches the ends together. These little "dumplings" are then dropped into boiling water or broth and cooked half an hour, then served with tomato sauce. They are like the ravioli of the Italians.

Green peppers are delicious stuffed with boiled noodles and chopped ham moistened with tomato juice. Place in the oven until the peppers are tender, adding a very little water to the dish.

A Meal in the Dish

For a good one-dish meal fry one-half pound of thin bacon strips until brown and curly, remove from the fat and add one pound of round steak (ground) and two onions chopped fine. Add two green peppers, one can of tomatoes, salt and pepper, and when boiling stir in one quart of noodles that have been cooking in a separate pan. Cook until thick and serve on a large platter garnished with the bacon strips and grated cheese if desired.

An emergency luncheon dish, if one keeps either the homemade or the commercial brand of noodles on the shelf (and the latter are true "egg" noodles these days), may be quickly prepared by heating a can of salmon in hot water, then turning it out on a hot platter and surrounding it with boiled noodles.

Pour over all a thick tomato or white sauce and sprinkle with grated cheese if desired.

A little out of the ordinary is this recipe: Put in a baking dish a quart of cooked noodles and pour over them two cupful of milk that has been heated, with three and a half tablespoonsful of peanut butter and a teaspoonful of salt. Cover and bake for forty minutes in a slow oven, then remove cover and sprinkle with buttered crumbs and bake until brown.

In Soups and With Sauces

Although soup is the most popular form of serving noodles, they are a savory substitute for potatoes or

other starchy foods when drained of their liquor and served in a vegetable dish. For this purpose it is not necessary to have a meat broth in which to cook them, unless one desires this flavor, as boiling salted water will answer, although it will be necessary to add a seasoning of butter before serving. Or dripping may be added to the water in which they are to be cooked.

As with similar pastes, cheese combines very nicely with noodles, and a few spoonful, grated, may be worked into the dough or sprinkled over the cooked product. Another method is to mix the drained noodles with a cupful of grated cheese and a pint of tomatoes. Add

salt, pepper and a heaping teaspoonful of butter, pour into a baking dish and set in a hot oven until it browns.

The Italian way consists of pouring over the boiled noodles the following sauce: Boil two finely chopped onions in three cupfuls of milk ten minutes. Heat two tablespoonsful of fat in a pan and stir in the same quantity of flour. Before it browns add it to the other mixture, and when thickened pour in the pulp of one can of tomatoes, one ounce of grated cheese, the juice of one large lemon, salt and pepper. When it again reaches the boiling point pour over the dish of noodles and garnish the top with strips of green pepper or pimientos.

Tested Savory Recipes Using Corn, Tomatoes and Chestnuts

[Editor's Note: The contributed recipes have been tested and endorsed by our Domestic Science Expert. We pay \$1.00 for each recipe that is printed. If contributors wish to have rejected recipes returned, stamps must be enclosed.]

Dried Corn and Chestnuts

ONE cup dried sweet corn (five ounces) or two cups of canned corn, one teaspoon salt, two cups hot water (or milk and water), one-half cup milk if canned corn is used, one-half pound chestnuts (before shelling), two tablespoons butter.

Without previous soaking of the corn put it on with the hot water and simmer about thirty-five minutes, or until the corn is soft. A little more water may be necessary, as the corn swells, but at no time should there be so much water that it will need to be poured off. Boil and peel the chestnuts (this is more easily done while they are still hot), remove the skins, cut into small pieces and add them with butter to the corn. Season with paprika and salt, serve piping hot. This will make about

six portions and cost about 35 cents. Two cups of canned corn (one No. 2 can) may be used instead of the dried corn, but the latter is delicious if sweet. This is a "festival dish," and particularly good to serve with roast or fried chicken or with lamb chops or with roast beef.—C. H. L., Philadelphia.

Corn and Tomato Dish

One-half pound bacon, one small onion, one No. 2 can corn (two cups), one-half cup milk, one-half can No. 3 tomato (two cups), one tablespoon flour, one and one-half teaspoon salt, one-half teaspoon pepper. Cut two slices of bacon and the onion into small pieces and fry them together. When they are brown stir in the flour. After this is smooth add the corn and the milk, letting it cook together for several minutes before pouring in the drained tomato. Continue to cook until thick and serve on a platter with crisp brown strips of bacon. This is a meal in itself, is very savory and will serve four or five hearty portions at a cost of about 60 cents.—D. V. B., Flushing, L. I.

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